



# May 2023



## Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cream of Wheat Apple, Milk	2 Apple Sauce Muffins Canned Pears, Milk	3 Baked Eggs Apple, Milk	4 Cereal: Cheerios Banana, Milk	5 Toast & Jam Orange, Milk
8 Cereal: Rice Krispies Apple, Milk	9 Baked Oatmeal Canned Pears, Milk	10 Pancakes Apple Sauce, Milk	11 Cinnamon-Raisin Pasta Banana, Milk	12 Pumpkin Bread Orange, Milk
15 Oatmeal Apple, Milk	16 Hard Boiled Eggs Sliced Cucumbers Milk	17 Banana Bread Apple Sauce, Milk	18 Cereal: Corn Flakes Banana, Milk	19 Baked Cinnamon Toast Orange, Milk
22 Cereal: Cheerios Apple, Milk	23 Cinnamon Raisin- Couscous Canned Pears Milk	24 Zucchini Muffins Apple Sauce, Milk	25 Apple Sauce Pancakes Banana, Milk	26 School Closed
29 School Closed	30 Cinnamon Oatmeal Canned Pears Milk	31 Crushed Pineapple Muffins Apple Sauce, Milk		



Whole, unflavored milk is served to 1 year olds  
 Skim, unflavored milk is served to children ages 2 and older



# May 2023



## Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 (WG) Pizza on Pita Minestrone Soup Sliced Cucumbers Clementine, Milk	2 Herb Chicken (WG) Israeli Couscous Creamy Coleslaw Banana, Milk	3 Cheesy Quiche (WG) Hawaiian Mac-Salad Sliced Cucumbers Orange, Milk	4 Sloppy Joe (WG) Roll Corn Pineapple, Milk	5 (WG) Cheese & Beans Enchilada Casserole Garden Romaine Salad Apple, Milk
8 Baked Cheesy Spinach-Squares WG Roll Split Pea Soup Clementine, Milk	9 Chicken Cacciatore (WG) Wide Egg Noodles Yellow Wax Beans in Marinara Banana, Milk	10 Veg Chili Shredded Cheese Corn Bread Orange, Milk	11 Meatloaf Brown Rice Peas & Carrots Pineapple, Milk	12 (WG) Cheese Lasagna Garden Romaine Salad Apple, Milk
15 Hummus, Falafel Balls (WG) Pita Israeli Salad Clementine, Milk	16 Chicken Fajitas Brown Rice Sauteed Peppers Banana, Milk	17 Tuna Loaf Israeli Couscous Peas Orange, Milk	18 (WG) Spaghetti & Meat sauce Green Beans Pineapple, Milk	19 (WG) Cheese & Beans Enchilada Casserole Corn Apple, Milk
22 Baked Potato w/Cheese Topping Veg & Barley Soup Clementine, Milk	23 Teriyaki Chicken Brown Rice Veg Medley Banana, Milk	24 Tuna Salad (WG) Roll Sliced Tomatoes, Pickles Orange, Milk	25 (WG) Mac N' Beef Garden Romaine Salad Pineapple, Milk	26 School Closed 
29  School Closed	30 BBQ Chicken Brown Rice Coleslaw Banana, Milk	31 (WG) Grilled Cheese-Sandwich Tomato Soup W/Rice Sliced Cucumbers Orange, Milk		

Whole, unflavored milk is served to 1-year olds  
 Skim, or low fat (1%) unflavored milk is served to children ages 2 and older  
 All Grain items served are whole Grain-rich/enriched

 On Tuesdays & Thursdays milk for lunch is served at 10:30 am (an hour before Lunch is served)

Jewish Beginnings is an equal opportunity provider and employer



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## Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cereal: Rice Krispies Milk <hr/> Banana Yogurt	2 Rice Cakes Hummus <hr/> Animal Crackers Orange	3 Cottage Cheese Canned Peaches <hr/> Couscous Salad Milk	4 Tortilla Chips Salsa <hr/> Egg Salad Snack Crackers	5 French Fries, Ketchup Sliced Cheese <hr/> Apple Sauce Muffins Milk
8 Cottage Cheese Pineapple <hr/> Sliced Cheese Snack Crackers	9 Rice Cakes & Jam Orange <hr/> Tortilla Chips Salsa	10 Cereal: Cheerios Milk <hr/> Second Snack: Canned Peaches Teddi Graham	11 Pita Hummus <hr/> Second Snack: Apple Sauce Tea Biscuits	12 Banana Yogurt <hr/> Cereal: Corn Flakes Milk
15 Yogurt Pineapple <hr/> Second Snack: Cereal: Rice Krispies Milk	16 Teddy Grahams Orange <hr/> Second Snack: Wheat Crackers & Hummus	17 French Fries, Ketchup Sliced Cheese <hr/> Second Snack: Cucumbers Sticks Ranch Dip	18 Tortilla Chips Salsa <hr/> Apple Sauce Tea Biscuits	19 Cottage Cheese Canned Peaches <hr/> Banana Bread Milk
22 Cottage Cheese Pineapple <hr/> Rice Cakes & Jam Milk	23 Egg Salad Wheat Crackers <hr/> Animal Crackers Orange	24 Tea Biscuits Canned Peaches <hr/> Cereal: Corn Flakes Milk	25 Pita Hummus <hr/> Tortilla Chips Salsa	26 School Closed
29 School Closed	30 Pasta Salad Orange <hr/> Second Snack: Garlic Pita Hummus	31 Cereal: Cheerios Milk <hr/> Cucumbers Sticks Ranch Dip		

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